

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 1

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Hamburger steak, brown gravy, mashed potatoes, green peas, pineapple chunks, WG roll, milk, margarine	3 oz Hamburger Steak	4 oz Mashed potatoes	4 oz Green peas	4 oz Pineapple chunks		1 oz WG Roll	1 oz WG roll	1 c milk	4 g margarine	Brown gravy

I certify that to the best of my knowledge, the meals in the attached menu for the period noted above follow the most recent Dietary Guidelines for Americans and one third of Dietary Reference Intakes established by the National Academy of Sciences.

AAAD Upper Cumberland Provider OvertonCounty Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature B. Walker, RD/LDN Date 5/27/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 2

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Oven baked chicken with mushroom gravy, carrots, green peas, applesauce, WW roll, milk, margarine	3 oz Oven baked chicken	4 oz Carrots	4 oz Green peas	4 oz applesauce		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	Mushroom gravy
WW Spaghetti with meat sauce, breaded okra, corn, pears, WG Garlic bread, milk, margarine	3 oz Meat sauce	4 oz Breaded okra	4 oz Corn	4 oz Pears		1 oz WG Garlic bread	1 oz WG Garlic bread	1 c milk	4 g margarine	WW Spaghetti
Sausage patty, Hashbrowns, stewed tomatoes, cinnamon apples, biscuits and gravy, nutragrain bar, milk, margarine	3 oz Sausage	4 oz Hashbrowns	4 oz Stewed Tomatoes	4 oz Cinnamon apples		1 oz Biscuit	1 oz Nutragrain Bar	1 c milk	4 g margarine	Gravy
Vegetable Beef soup, Garden Salad, mixed fruit, WG crackers, milk, margarine	3 oz Ground beef	4 oz Mixed vegetables	4 oz Garden Salad	4 oz Mixed fruit		1 oz WG crackers	1 oz WG crackers	1 c milk	4 g margarine	

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 3

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Baked pork chop, scalloped potatoes, green beans, pineapple chunks, WG roll, milk, margarine	3 oz Baked Pork Chop	4 oz Scalloped potatoes	4 oz Green beans	4 oz Pineapple chunks		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
BBQ Chicken, Broccoli, breaded yellow squash, applesauce, WG roll, milk, margarine	3 oz BBQ Chicken	4 oz Broccoli	4 oz Squash	4 oz Applesauce		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Hamburger steak, baked beans, potato wedges, pears, WG roll, milk, margarine	3 oz Hamburger steak	4 oz Baked beans	4 oz Potato wedges	4 oz pears		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Sausage Pizza, Garden Salad, green beans, banana, nutragrain bar, milk, margarine	3 oz Sausage	4 oz Garden Salad	4 oz Green beans	4 oz banana		3oz Pizza crust	1 oz Nutragrain bar	1 c milk	4 g margarine	
BBQ pork, pork and beans, potato wedges, fruit with jello, WG bun, milk, margarine	3 oz BBQ pork	4 oz Pork and beans	4 oz Potato wedges	4 oz Fruit with Jello		1 oz WG bun	1 oz WG bun	1 c milk	4 g margarine	

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 4

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
<i>Veggie beef soup, Garden Salad, pears, WW crackers, milk, margarine</i>	<i>3 oz Ground beef</i>	<i>4 oz Mixed vegetables</i>	<i>4 oz Garden Salad</i>	<i>4 oz pears</i>		<i>1 oz WW Crackers</i>	<i>1 oz WW Crackers</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Hamburger steak, breaded okra, corn, mixed fruit, WW bread, milk, margarine</i>	<i>3 oz Hamburger steak</i>	<i>4 oz Okra</i>	<i>4 oz Corn</i>	<i>4 oz Mixed fruit</i>		<i>1 oz WW bread</i>	<i>1 oz WW bread</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Chicken alfredo, steamed broccoli, corn, cinnamon apples, nutragrain bar, milk, margarine</i>	<i>3 oz Chicken</i>	<i>4 oz broccoli</i>	<i>4 oz corn</i>	<i>4 oz Cinnamon apples</i>		<i>2oz Posta</i>	<i>1 oz Nutragrain Bar</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Meatloaf, mashed potatoes, California blend, peaches, WG roll, milk, margarine</i>	<i>3 oz meatloaf</i>	<i>4 oz Mashed potatoes</i>	<i>4 oz California blend</i>	<i>4 oz peaches</i>		<i>1oz WG Roll</i>	<i>1 oz WG Roll</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Fish, WG Bun, pork and beans, cole slaw, mixed fruit, milk, margarine</i>	<i>3 oz Fish</i>	<i>4 oz Pork and beans</i>	<i>4 oz Slaw</i>	<i>4 oz Mixed fruit</i>		<i>1 oz WG bun</i>	<i>1 oz WG bun</i>	<i>1 c milk</i>	<i>4 g margarine</i>	

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Quarter _____ Week (or Other Period) Week 5

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Hamburger steak with gravy, breaded yellow squash, green beans, pineapple chunks, WG roll, milk, margarine	3 oz Hamburger Steak	4 oz squash	4 oz Green beans	4 oz Pineapple chunks		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	Gravy
Chicken patty, pinto beans, brussels sprouts, applesauce, cornbread, nutragrain bar, milk, margarine	3 oz Chicken Patty	4 oz Pinto beans	4 oz Brussels Sprouts	4 oz Applesauce		1 oz Cornbread	1 oz Nutragrain Bar	1 c milk	4 g margarine	
Salisbury Steak with gravy, scalloped potatoes, breaded okra, peaches, WG roll, milk, margarine	3 oz Salisbury Steak	4 oz Scalloped potatoes	4 oz Okra	4 oz Peaches		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	Gravy
BBQ Chicken breast, green peas, Garden Salad, apple, WG Roll, milk, margarine	3 oz BBQ Chicken	4 oz Green peas	4 oz Garden Salad	4 oz apple		1oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Chicken fajita strips, refried beans, corn, pears, WG tortillas, milk, margarine	3 oz Chicken	4 oz Refried beans	4 oz corn	4 oz pears		1 oz WG tortillas	1 oz WG Tortillas	1 c milk	4 g margarine	

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 6

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Hamburger, WG bun, lettuce, tomato, onion, slaw, potato wedges, fruit in Jello, milk, margarine	3 oz Hamburger	4 oz slaw	4 oz Potato wedges	4 oz Fruit in Jello		1 oz WG bun	1 oz WG bun	1 c milk	4 g margarine	Lettuce, tomato, onion
Chicken casserole, corn, carrots, mandarin oranges, WG roll, milk, margarine	6 oz Chicken casserole	4 oz corn	4 oz carrots	4 oz Mandarin oranges		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Meatloaf, mashed potatoes, green beans, banana, WG roll, milk, margarine	3 oz meatloaf	4 oz Mashed potatoes	4 oz Green beans	4 oz banana		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Baked pork chop, sweet potatoes, green peas, strawberries, WG roll, milk, margarine	3 oz Pork Chop	4 oz Sweet potatoes	4 oz Green peas	4 oz strawberries		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Hamburger steak, brown gravy, mashed potatoes, green peas, pineapple chunks, WG roll, milk, margarine	3 oz Hamburger steak	4 oz Mashed potatoes	4 oz Green peas	4 oz Pineapple chunks		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	Brown gravy

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 7

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Chicken patty, WG Bun, green peas, carrots, applesauce, milk, margarine	3 oz Chicken patty	4 oz Green peas	4 oz Carrots	4 oz Applesauce		1 oz WG bun	1 oz WG bun	1 c milk	4 g margarine	
Beef tips, green beans, mashed potatoes, pears, WW bread, Strawberry Yogurt, milk, margarine	3 oz Beef tips	4 oz Green beans	4 oz Mashed potatoes	4 oz pears		1 oz WW bread	1 oz WW bread	1 c milk	4 g margarine	Strawberry Yogurt
Pinto beans, turnip greens, mashed potatoes, peaches, cornbread, peaches, nutragrain bar, milk, margarine	6 oz Pinto beans	4 oz Turnip greens	4 oz Mashed potatoes	4 oz peaches		1 oz Cornbread	1 oz Nutragrain bar	1 c milk	4 g margarine	
Gravy and biscuit, sausage patty, hash browns, stewed tomatoes, cinnamon apples, nutragrain bar, milk, margarine	3 oz Sausage	4 oz Hash browns	4 oz Stewed tomatoes	4 oz Cinnamon apples		1 oz Biscuit	1 oz Nutragrain bar	1 c milk	4 g margarine	Gravy
Oven baked chicken, mushroom gravy, potato wedges, green beans, WG roll, pears, milk, margarine	3 oz Chicken	4 oz Potato wedges	4 oz Green beans	4 oz pears		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	Mushroom gravy

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 8

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Hamburger steak, brown gravy, mashed potatoes, green peas, pineapple chunks, WG roll, milk, margarine	3 oz Hamburger steak	4 oz Mashed potatoes	4 oz Green peas	4 oz Pineapple chunks		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	Brown Gravy
Meatloaf, mashed potatoes, corn, Peaches, WG Roll, milk, margarine	3 oz meatloaf	4 oz Mashed potatoes	4 oz corn	4 oz peaches		1 oz WG Roll	1 oz WG Roll	1 c milk	4 g margarine	
Salisbury steak, sweet potatoes, mixed vegetables, Pineapple chunks, WG roll, milk, margarine	3 oz Salisbury Steak	4 oz Sweet potatoes	4 oz Mixed vegetables	4 oz Pineapple chunks		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	
Baked pork chop, cheesy scalloped potatoes, green beans, pineapple chunks, stuffing, nutragrain bar, milk, margarine	3 oz Pork chop	4 oz potatoes	4 oz Green beans	4 oz Pears		2 oz Stuffing	1 oz Nutragrain bar	1 c milk	4 g margarine	
Fish, pinto beans, turnip greens, applesauce, cornbread, nutragrain bar, milk, margarine	3 oz Fish	4 oz Pinto beans	4 oz Turnip greens	4 oz applesauce		1 oz Cornbread	1 oz Nutragrain bar	1 c milk	4 g margarine	

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Name Beth Walker RD/LDN Signature B. Walker RD/LDN Date 5/27/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 9

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>¼ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Chicken patty, WG Bun, green peas, carrots, applesauce, milk, margarine	3 oz Chicken patty	4 oz Green peas	4 oz Carrots	4 oz applesauce		1 oz WG bun	1 oz WG bun	1 c milk	4 g margarine	
Lasagna, green beans, Garden Salad, WG garlic bread, strawberries, nutragrain bar, milk, margarine	6 oz Lasagna	4 oz Green beans	4 oz Garden Salad	4 oz Strawberries		1 oz WG garlic bread	1 oz WG garlic bread	1 c milk	4 g margarine	Nutragrain Bar
Fish patty, WG bun, mashed potatoes, stewed tomatoes, peaches, milk, margarine	3 oz Fish	4 oz Mashed potatoes	4 oz Stewed tomatoes	4 oz peaches		1 oz WG bun	1 oz WG bun	1 c milk	4 g margarine	
Beef tips, green beans, mashed potatoes, pears, WW bread, strawberry yogurt, milk, margarine	3 oz Beef tips	4 oz Green beans	4 oz Mashed potatoes	4 oz Pears		1 oz WW bread	1 oz WW Bread	1 c milk	4 g margarine	Strawberry Yogurt
Chicken and dumplings, green peas, slaw, fruit in Jello, nutragrain bar, milk, margarine	3 oz Chicken	4 oz Green peas	4 oz slaw	4 oz Fruit in Jello		1 oz Dumplings	1 oz Nutragrain bar	1 c milk	4 g margarine	

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Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 10

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Salisbury steak, mashed potatoes, California blend, banana, WW roll, milk, margarine	3 oz Salisbury steak	4 oz Mashed potatoes	4 oz California blend	4 oz banana		1 oz WW roll	1 oz WW roll	1 c milk	4 g margarine	
BBQ Chicken breast, broccoli, WK corn, pears, WW Roll, milk, margarine	3 oz BBQ Chicken	4 oz Broccoli	4 oz WK Corn	4 oz Pears		1 oz WW Roll	1 oz WW Roll	1 c milk	4 g margarine	
Spaghetti with meat sauce, Garden Salad, green beans, cinnamon apples, garlic bread, nutragrain bar, milk, margarine	3 oz Meat sauce	4 oz Garden Salad	4 oz Green beans	4 oz Cinnamon apples		2 oz Garlic bread	1 oz Nutragrain bar	1 c milk	4 g margarine	Spaghetti
Baked pork chop, scalloped potatoes, green beans, pineapples, stuffing, nutragrain bar, milk, margarine	3 oz Pork chop	4 oz Scalloped potatoes	4 oz Green beans	4 oz pineapple		2 oz stuffing	1 oz Nutragrain bar	1 c milk	4 g margarine	
Chili, Garden Salad, peaches, WG crackers, Peanut butter, milk, margarine	3 oz Ground beef	4 oz beans	4 oz Garden Salad	4 oz peaches		1 oz WG Crackers	1 oz WG Crackers	1 c milk	4 g margarine	Peanut butter

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AAAD Upper Cumberland

Provider OvertonCounty Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature B. Walker, RD/LDN

Date 5/27/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 11

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
<i>Chicken parmesan, cauliflower, mashed potatoes, cinnamon apple sauce, oatmeal cake, biscuit, milk, margarine</i>	<i>3 oz Chicken parmesan</i>	<i>4 oz cauliflower</i>	<i>4 oz Mashed potatoes</i>	<i>4 oz Applesauce</i>		<i>1 oz Biscuit</i>	<i>1 oz Oatmeal cake</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Beef tips, green beans, mashed potatoes, pears, WW bread, strawberry yogurt, milk, margarine</i>	<i>3 oz Beef tips</i>	<i>4 oz Green beans</i>	<i>4 oz Mashed potatoes</i>	<i>4 oz Pears</i>		<i>1 oz WW bread</i>	<i>1 oz WW bread</i>	<i>1 c milk</i>	<i>4 g margarine</i>	Strawberry Yogurt
<i>Chicken alfredo, sweet potatoes, green peas, peaches, stuffing, nutragrain bar, milk, margarine</i>	<i>3 oz Chicken</i>	<i>4 oz Sweet potatoes</i>	<i>4 oz Green peas</i>	<i>4 oz Peaches</i>		<i>2 oz stuffing</i>	<i>1 oz Nutragrain bar</i>	<i>1 c milk</i>	<i>4 g margarine</i>	Pasta
<i>Meatloaf, mashed potatoes, green beans, banana, WG roll, milk, margarine</i>	<i>3 oz meatloaf</i>	<i>4 oz Mashed potatoes</i>	<i>4 oz Green beans</i>	<i>4 oz banana</i>		<i>1 oz WG roll</i>	<i>1 oz WG roll</i>	<i>1 c milk</i>	<i>4 g margarine</i>	
<i>Fish, pork and beans, slaw, applesauce, WG bun, milk, margarine</i>	<i>3 oz fish</i>	<i>4 oz Pork and beans</i>	<i>4 oz slaw</i>	<i>4 oz applesauce</i>		<i>1 oz WG bun</i>	<i>1 oz WG bun</i>	<i>1 c milk</i>	<i>4 g margarine</i>	

I certify that to the best of my knowledge, the meals in the attached menu for the period noted above follow the most recent Dietary Guidelines for Americans and one third of Dietary Reference Intakes established by the National Academy of Sciences.

AAAD Upper Cumberland Provider OvertonCounty Senior Center Registration # 712486

Name Beth Walker RD/LDN Signature B. Walker, RD/LDN Date 5/27/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____

Week (or Other Period) Week 12

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Hamburger steak with gravy, breaded yellow squash, green beans, pineapple chunks, WG roll, milk, margarine	3 oz Hamburger steak	4 oz squash	4 oz Green beans	4 oz Pineapple chunks		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	Gravy
Chicken patty, pinto beans, turnip greens, applesauce, stuffing, nutragrain bar, milk, margarine	3 oz Chicken patty	4 oz Pinto beans	4 oz Turnip greens	4 oz Applesauce		2 oz stuffing	1 oz Nutragrain bar	1 c milk	4 g margarine	
Baked pork chop, cheesy scalloped potatoes, green beans, peaches, WW roll, milk, margarine	3 oz Pork chop	4 oz Scalloped potatoes	4 oz Green beans	4 oz Peaches		1 oz WW Roll	1 oz WW roll	1 c milk	4 g margarine	
Fish, baked beans, potato wedges, banana, hushpuppies, nutragrain bar, milk, margarine	3 oz fish	4 oz Baked beans	4 oz Potato wedges	4 oz banana		2 oz hushpuppies	1 oz Nutragrain bar	1 c milk	4 g margarine	
Chicken fajita strips, WG tortillas, black beans, corn, pears, shredded cheese, milk, margarine	3 oz Chicken	4 oz Black beans	4 oz corn	4 oz pears		1 oz WG Tortilla	1 oz WG Tortilla	1 c milk	4 g margarine	Cheese

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AAAD Upper Cumberland

Provider OvertonCounty Senior Center

Registration # 712486

Name Beth Walker RD/LDN

Signature B. Walker, RD/LDN

Date 5/27/24

Title IIIC/NSIP Meal Pattern Worksheet

Quarter _____ Week (or Other Period) Week 13

Meal & Date Served <i>e.g. vegetable beef stew, applesauce, cornbread, milk 2/14/17</i>	Meal Components – Enter appropriate food item and amount under each serving below.									
	Protein <i>Meat or Meat Alternate – 3 oz. or equivalent</i>	Veg. 1 <i>½ cup or equivalent</i>	Veg. 2 <i>½ cup or equivalent</i>	Fruit 1 <i>½ cup or equivalent</i>	Veg. 3 or Fruit 2 <i>½ cup or equivalent</i>	Grain 1 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Grain 2 <i>Bread or bread alternate – ½ cup cooked rice, pasta, oats or cereal; 1 medium slice bread; 1 oz. ready- to-eat cereal</i>	Dairy <i>Milk or milk alternate – 1 cup or equivalent</i>	Oils/fats <i>1 teaspoon or equivalent</i>	Other Ingredients (Optional)
Breaded chicken patty, baked beans, mashed potatoes, banana, macaroni and cheese, WG roll, milk, margarine	3 oz Chicken Patty	4 oz Baked beans	4 oz Mashed potatoes	4 oz banana		1 oz WG roll	1 oz WG roll	1 c milk	4 g margarine	Macaroni and Cheese
Sausage patty, hash browns, stewed tomatoes, cinnamon apples, biscuit, nutragrain bar, milk, margarine	3 oz Sausage patty	4 oz Hash browns	4 oz Stewed tomatoes	4 oz Cinnamon apples		2 oz Biscuit	1 oz Nutragrain bar	1 c milk	4 g margarine	
WW Spaghetti with meat sauce, green beans, corn, peaches, garlic bread, milk, margarine	3 oz Meat sauce	4 oz Green beans	4 oz corn	4 oz Peaches		4 oz WW Spaghetti	2 oz Garlic bread	1 c milk	4 g margarine	
Chicken alfredo, mashed potatoes, breaded okra, cinnamon apples, biscuit, nutragrain bar, milk, margarine	3 oz Chicken	4 oz Mashed potatoes	4 oz Breaded okra	4 oz Cinnamon apples		2 oz biscuit	1 oz Nutragrain bar	1 c milk	4 g margarine	Pasta
Vegetable soup, Garden Salad, pears, WW crackers, milk, margarine	3 oz Ground beef	4 oz Mixed vegetable	4 oz Garden Salad	4 oz pears		1 oz WG Crackers	1 oz WG Crackers	1 c milk	4 g margarine	

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Name Beth Walker RD/LDN Signature B. Walker, RD/LDN Date 5/27/24